The Pakistan Coronavirus CivicActs Campaign (CCC) captures rumors and perceptions among communities to eliminate information gaps between the government, media, humanitarian agencies and citizens. By providing the public with facts, these coronavirus bulletins aim to create a better understanding of needs regarding coronavirus and to debunk rumors before they can do more harm.

DON'T PANIC!
Follow these steps to help prevent the spread of coronavirus.

- Wash your hands frequently with soap and water for at least 20 seconds. Use hand sanitizer (with at least 60% alcohol) if soap and water aren't available.
- Cover your nose and mouth (with your elbow or a tissue) when sneezing.
- Avoid crowded places and practice social distancing. If you think you have been exposed to someone with coronavirus, quarantine yourself for a minimum of 14 days and monitor any symptoms.
- Do not stockpile supplies.
What is "flattening the curve"?
When we talk about flattening the curve, we mean reducing the projected number of cases over a period of time. By staggering the number of new cases over a longer period of time, those who get infected will have better access to care.

How can we flatten the curve?
Since there is currently no vaccine available for coronavirus and testing kits are scarce, the World Health Organization recommends that citizens take collective action. By staying at home and practicing social distancing as much as possible, this can reduce the number of daily interactions an infected person has, and limits how many more people are infected.

Is it actually possible to do this?
Yes. When the number of coronavirus cases in South Korea exploded in late February - medical workers identified 909 new cases in a single day at peak - the country took measures to reduce the rate at which it was spreading. How did South Korea manage this? By acting fast and early, testing early and often, promoting isolation early on for those who tested positive, and tracing anyone they may have had contact with. In addition to these measures, South Korea used television broadcasts, subway station announcements, and smartphone alerts to remind citizens to wear face masks and practice social distancing. To read more about how South Korea flattened the curve, click here.

**Rumor → Fact**

<table>
<thead>
<tr>
<th>Rumor</th>
<th>Fact</th>
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<tbody>
<tr>
<td><strong>Is coronavirus the deadliest virus known to man?</strong></td>
<td>Although COVID-19 does appear to be far more serious than influenza, it is not the deadliest virus that people have faced. Others, such as Ebola, have higher mortality rates (50%). As of March 3, 3.4% of those infected with coronavirus globally died, whereas the flu generally kills fewer than 1% of those infected.</td>
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<td><strong>I heard that hand sanitizers are no longer available on the market, and if there is any it’s being sold at twice the price. Is this true?</strong></td>
<td>Due to the shortage of hand sanitizers across the country, the Pakistan Council for Scientific Research has developed hand sanitizers that are now available. The Federal Minister of Science and Technology announced that all provincial governments are advised to contact PCSIR for supplies. The sanitizer is available at regional PCSIR offices in Islamabad, Lahore, Karachi, Peshawar, and Quetta.</td>
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<tr>
<td><strong>Should I stockpile as many groceries as I can?</strong></td>
<td>No. Only buy what is needed for one week at a time. It is important to remember that many families may be unable to buy a large supply of food and water at one time. Demand is high – especially for grocery, household cleaning, and some healthcare products. Freight flows are not disrupted, but stores need time to restock. Even during lockdowns, essential services such as pharmacies, grocery stores, and meat shops are allowed to stay open.</td>
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<tr>
<td><strong>Is social distancing an over reaction?</strong></td>
<td>No. The WHO recommends social distancing (maintaining a distance of at least 6 feet from others) as a method to slow down the spread of the infection. When an infected person coughs or sneezes, they spray small droplets from their nose or mouth. If you are too close when that happens, you may breathe in the droplets, causing you to get sick. Some supermarkets are taking extra precautions to make sure people follow proper social distancing practice. Some shops will only allow a handful of people in at a time, while others mark out spaces 6-feet apart for those in the checkout line and those waiting to get in.</td>
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Do you have any questions about coronavirus? Have you heard any rumors?

Send us your questions through the form below so we can address them!

**[bit.ly/CivActsCOVID]**

**Sources:**  
Mountain Times  
Worldometers  
Brecorder  
Radio Pakistan  
World Health Organization  
NDTV  
DC Islamabad
What do I do if I think I have coronavirus?

Do you have any symptoms?

- Fever
- Shortness of breath
- Dry cough
- Tiredness

If so, contact your doctor or the coronavirus helpline at 1166.

Where can I get tested?

**Karachi**
- Aga Khan University Hospital
  - Stadium Road, Karachi
- Civil Hospital
  - DOW University Campus
  - Mission Road, Karachi
- Dow Medical Hospital
  - Ojha Campus
  - Suparco Road, Karachi
- Indus Hospital
  - Opposite Darussalam Society, Korangi Crossing, Karachi

**Islamabad**
- National Institute of Health
  - Park Road
  - Chak Shahzad, Islamabad

**Rawalpindi**
- Armed Forces Institute of Pathology
  - Range Road
  - CMH Complex, Rawalpindi

**Multan**
- Nishtar Hospital
  - Nishtar Road, Justice Hamid Colony, Multan

For more cities visit the COVID-19 Health Advisory Platform

Coronavirus CivActs Campaign is brought to you by Accountability Lab Pakistan.